



## Caregiver Stress Reduction **Red Dot** System



Being a family caregiver can be stressful and we all know that stress is not healthy. So here's a trick that many caregivers use to help manage their stress - they use **red dots**!

Here's the plan: Get yourself 12 **red dot** stickers or a red marker. Simply stick or draw a **red dot** on anything that gives you stress as a caregiver. Maybe the phone? Perhaps the doorbell? What about fixing meals - does that stress you out? If so, put a **red dot** at eye level on your door, on the top of your telephone receiver, or on the refrigerator door. Anything that gives you stress gets a **red dot**!

Then each time you see a **red dot**, **STOP**, **take 3 deep breaths**, and then go on with what you were doing. You'll be surprised at how effective this process can be, and how taking just 15 seconds to breathe can help to calm you down and reduce your stress!

Of course, we can't ensure that the dots will stick to your dog or grandchildren, and we discourage using markers on people, but they should work pretty well

on most other things! 😊

Provided Courtesy of



GOVERNOR'S ADVISORY COUNCIL ON AGING

For more information and resources for family caregivers, visit the [Arizona Family Caregiver Support Program](#)